



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U. S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL
AND FORT SAM HOUSTON
2250 STANLEY ROAD
FORT SAM HOUSTON, TEXAS 78234-6100

IMSW-SMH-SO

26 APR 2007

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Memorandum - Formation Running and Jogging

1. Purpose. To establish formation and running policies on Fort Sam Houston (FSH).
2. References.
 - a. Army Regulation 385-10, Army Safety Program, 29 February 2000.
 - b. Army Regulation 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005.
 - c. Headquarters, US Army Medical Department Center and School (AMEDDC&S) and FSH Pamphlet 600-1, Military Standards.
 - d. Texas Transportation Code - Tex. Transp. Code Section § 552.001-552.009 (2005)
3. Applicability. This policy pertains to AMEDDC&S, FSH Garrison, and tenant organizations.
4. Designated Physical Training Running Routes.
 - a. Williams, W.W. White, Harney, and Nursery Roads on FSH are known as "the loop." Approximately 3,000 Soldiers use the loop during early morning hours (dawn) for physical training (PT) on Monday through Friday. Vehicles are prohibited from driving on the loop during the hours of 0530-0630, other than personnel reporting to the elementary school, golf course maintenance facility and dining facility. Director of Emergency Services will issue special passes to these personnel. All physical training formations will run counter clockwise when utilizing the loop. Formations will utilize road guard equipment with reflective vests and flashlights. Trained guards provided by the 32d Medical Brigade must be located at all intersections to control vehicle traffic.
 - b. Stanley Road is also closed to traffic from 0530-0630 on Monday through Friday for unit physical training. Traffic may cross Stanley during these hours only at Schofield and New Braunfels. Formations will utilize road guard equipment with reflective vests and flashlights.

IMSW-SMH-SO

SUBJECT: Policy Memorandum - Formation Running and Jogging

Trained guards provided by 32d Medical Brigade must be located at all intersections to control vehicle traffic.

5. Military personnel participating in PT will observe the following:

- a. Formations running on FSH are restricted to the approved routes in paragraph 4.
- b. Road guards will be posted to the front and rear of the formation to alert vehicular traffic to slow down. Road guards will be at least 25 meters ahead and behind of the formation. Road guards will wear reflective vests, and during hours of darkness, will carry cone lights.
- c. During PT, runners must completely clear the roadways when emergency vehicles, responding to an emergency with flashing lights, are approaching.
- d. When running in ability groups, there will be a minimum of two Soldiers in the group to serve as the running road guards to replace current road guards at intersections. Road guards will adhere to the requirements set forth in paragraph 5b, above.
- e. All Soldiers who are running in a formation or individually during a period of limited visibility, to include hours of darkness, will wear reflective vests or belts (worn diagonally from right shoulder to left hip or around the waist) as part of PT uniform. The vest or belt must be visible from the front and rear and unobstructed by clothing and equipment. Commanders are responsible for ensuring that running formations have adequate visibility while conducting PT formations on FSH.
- f. Running in parking lots is not permitted unless specifically designated and secured.

6. Joggers/runners running on their own will observe the following:

- a. No more than two people running abreast on sidewalks or authorized roadways.
- b. When using authorized roadways, run facing oncoming traffic and yield to vehicular traffic prior to crossing roads.
- c. All personnel will wear a reflective vest or belt (worn diagonally from right shoulder to left hip or around the waist) during limited visibility to include hours of darkness while running or jogging on the installation. The vest or belt must be visible from the front and rear and unobstructed by clothing or equipment.
- d. Joggers will wear a shirt or other type of garment to cover their upper body when running on the installation.

IMSW-SMH-SO

SUBJECT: Policy Memorandum - Formation Running and Jogging

e. Wearing headsets, of any type, while running on installation roads is prohibited. Headsets may be worn while running on off-road track areas. Headsets and personal stereos are prohibited when wearing physical fitness uniform, at all times, in accordance with AR 670-1, paragraph 1-9(a)(2)(b).

f. Joggers/runners must yield the right-of-way to all vehicles.

g. Pedestrian traffic rules for the State of Texas apply to individual joggers/runners. Vehicles must stop for pedestrians in crosswalks; however, pedestrians must yield to vehicles entering intersections and crosswalks ahead of them.


7. Roadways are designed primarily for vehicular traffic. Runners/joggers are encouraged to use sidewalks, PT tracks, closed run routes, and open fields.

8. Prohibited Jogging/Running Areas. Jogging or running on Stanley, Dickman, Artillery Post, Winans, Wilson, Scott, North New Braunfels, Harry Wurzbach, Schofield, and George Beach Drive Roads is prohibited (except when running the designated run routes per paragraph 4 above during the hours of 0530-0630). However, joggers may run on sidewalks or on the grass along the roads mentioned above. There is a greater risk of injury when running adjacent to streets containing access control points during rush hour.

9. All motorists will adhere to posted speed limit signs and pass troop formations at 10 MPH.

10. This policy does not apply to Morale/Welfare/Recreation-sponsored running events. These events will be coordinated and planned to ensure the safety of all participants.

11. The proponent for this policy is the Installation Safety Office, 221-3846.


RUSSELL J. CZERW
Major General, DC
Commanding

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